

Boulder Valley's Approach to Stop Student Vaping

How Your District Can Work with Community Partners to Prevent Student E-Cigarette Use

Alyssa Buccella, Associate Director, District Leadership Forum

Stephanie Faren, Director of Health Services, Boulder Valley School District, CO

Brittany Carpenter, Community Health Specialist, Boulder County Public Health, CO

Audio Options



Using Your Telephone

If you select the “Phone Call” option, please dial in with the phone number and access code provided.

Choose ONE of the audio conference options

Phone Call | Computer Audio - Connected | Call Me

Dial: +1 669 900 6833
+1 646 876 9923

Meeting ID: 222 255 629

Participant ID: 24

Done

Using Your Microphone and Speakers

If you select the “Computer Audio” option, please be sure that your speakers or headphones are connected.

Choose ONE of the audio conference options

Phone Call | Computer Audio | Call Me

Join Audio Conference by Computer

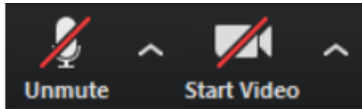
Test Computer Mic & Speakers

☐ Automatically join audio by computer when joining a meeting

Using Zoom

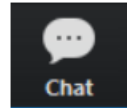
Mic and Video Controls

Click the mic and camera pictures until they have a red line indicating they are both off.



Asking a Question

To ask the presenter a question, type it into the Chat panel and press send.



1

Introduction

2

Boulder Valley's Approach to Stop Student Vaping:
How Your District Can Work with Community Partners
to Prevent Student E-Cigarette Use

3

Our Upcoming National Meeting Series

EAB: Making Education Smarter



Who We Are



▶ **2007**
Year founded

▶ **1,500+**
K12 and Higher
Education members

▶ **95%**
Of our partners renew
year after year

How We Serve



Identify **proven best practices** for the **most critical challenges** facing education leaders

Provide customized, **on-demand research** to help members meet their immediate needs

Help leaders **engage key stakeholders and accelerate progress** on key initiatives

Introducing the District Leadership Forum



▶ **2017**
Year founded

▶ **144**
Member districts

▶ **30**
States represented

Introducing the District Leadership Forum

Comprehensive Support for Superintendents and their Leadership Teams

National Best Practice Research	<i>Proven solutions for addressing school districts' biggest challenges</i> • Offers a blend of strategic insights and practical information • In-depth practice "playbooks" for district leaders	
Tailored On-Demand Research	<i>Customized short-answer research projects for individual districts</i> • Quick-turnaround answers to district leader questions • Case studies and profiles of other districts facing similar issues	
Diagnostics and Benchmarking	<i>Surveys and benchmarking to help members identify best opportunities for improvement in their own districts</i> • Surveys and benchmarking on topics identified by membership • Data analysis and review of implications for individual members	
Dedicated Implementation Support	<i>Tools and expert advice to educate stakeholders on the best course of action and accelerate adoption across district</i> • Audits, guides, templates with detailed implementation advice • In-person and virtual support from research experts	

Our Library of Best Practice Studies



**Responding to the
Adolescent Mental
Health Crisis**



**Preparing
Principals
to Lead**



**Managing
Behavioral
Disruptions in
Early Grades**



**Narrowing the
Third Grade
Reading Gap**



**Closing
the College
Access Gap**

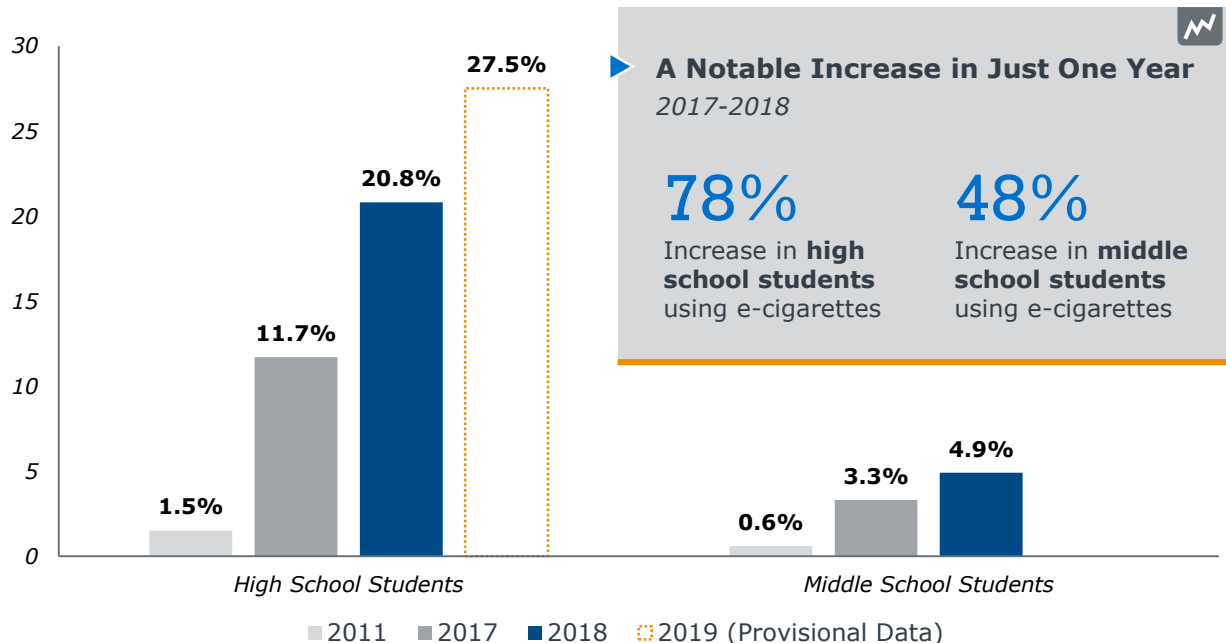


**Meeting
the Career
Readiness
Imperative**

Vaping in Schools: Latest Trends Cause for Concern

E-Cigarette Use Quickly Increasing Among Adolescents Nationwide

Percentage of U.S. Middle and High School Students Using E-Cigarettes



Sources: "Youth Tobacco Use: Results from the National Youth Tobacco Survey," U.S. Food and Drug Administration, May 2019. Accessed October 2019; "As Youth E-Cigarette Use Soars Along with Vaping-related Illnesses, Urgent Action Must be Taken to Protect the Health of America's Youth," Truth Initiative, September 2019. Accessed October 2019; EAB interviews and analysis.

Impacting Health and School Climate

Exposure to Vaping, Nicotine Poses Serious Consequences for Adolescents

Vaping Found to Affect Student Health, Behavior, and Well-Being



Health



Chemicals in e-cigarettes can cause **serious, irreversible lung damage**



The Food and Drug Administration (FDA) is investigating a reported **link between vaping and seizures**



Nicotine is highly addictive and alters the adolescent brain



Behavior



ADHD-like symptoms among students who use e-cigarettes have been reported



Some students are **unable to stay in class** or at sports practice for the full duration without vaping



School Climate



Students **fear entering common spaces** (e.g., the bathroom) and experiencing second-hand aerosol exposure



Empty cartridges and batteries from e-cigarettes litter school grounds, require costly toxic waste disposal

Responding to the Vaping Crisis

Strategies to Curtail Student E-Cigarette Use



Responding to the Vaping Crisis

Strategies to Curtail Student E-Cigarette Use

District Leadership Forum

Our [research briefing](#) highlights tactics from public health experts, youth substance abuse experts, and leading district administrators to:

- Prevent students from using e-cigarettes
- Support students addicted to nicotine without an over-reliance on suspension

This report provides an overview of external organizations and free, online resources administrators can use to optimize their anti-vaping initiatives.

Responding to the Vaping Crisis

Strategies to Curtail Student E-Cigarette Use

Focus School-Based Programs and Initiatives on Prevention



Set District Strategy for Redirection and Intervention



1

Expose Students to **Comprehensive Anti-Vaping Education** Early and Often to Discourage Vaping



2

Enable Parents and Teachers to Recognize E-Cigarettes and Connect Students with Cessation Resources



3

Develop a **Targeted Substance Abuse Policy** for E-Cigarettes and Incorporate Addiction Awareness into Discipline Protocol



4

Deploy Staff and **Leverage Public Health Partnerships** to Help Students Overcome Addiction



An Overview of Today's Discussion

BVSD¹ Details Expert-Aligned Vaping Prevention and Intervention Strategy



Boulder Valley School District

- Midsize urban school district
 - 57 schools
 - 31,000 students
- Located in Boulder, CO



Deploying Staff to
Address Student Vaping
and Nicotine Addiction



Building Knowledge
About E-Cigarettes and
the Risks of Vaping



Standardizing Discipline
Policies to Reduce
Overreliance on Suspension



Supporting Systemic
Change through Key
Advocacy Initiatives

1) Boulder Valley School District.

1

Introduction

2

Boulder Valley's Approach to Stop Student Vaping: How Your District Can Work with Community Partners to Prevent Student E-Cigarette Use

3

Our Upcoming National Meeting Series

A Vaping Epidemic in Boulder Valley

BVSD¹ Increases Capacity to Address and Prevent Student Vaping



Elevating the Role of the School Nurse

33%

Of BVSD¹ high schoolers were vaping, higher than state and national averages²

50%

Of BVSD high schoolers thought vaping was risky, while 90 percent thought smoking cigarettes was risky



Leveraged Colorado School Health Professional Grant to hire 7 nurses responsible for substance use prevention



Background in behavioral and physical health make school nurses a key resource for prevention and intervention



Partnering with Boulder County Public Health



Boulder County Tobacco Education and Prevention Partnership

A population health approach to supporting tobacco-free systems and policies in 4 key areas:

- 1 Supporting people interested in quitting tobacco use
- 2 Reducing exposure to secondhand smoke and vapor
- 3 Reducing youth access to tobacco products
- 4 Reducing tobacco-related disparities and burdens

1) Boulder Valley School District.

2) Data is from the 2017 Healthy Kids Colorado Survey (HKCS), a similar survey to the nationwide Youth Risk Behavior Survey done by the Centers for Disease Control and Prevention.

Missing or False Information a Main Driver of Vaping

Staff, Parents, Students Not Sufficiently Informed About Products and Risks

Educational Sessions Empower Adults to Deter Vaping and Equip Students with Knowledge and Refusal Skills

1 Training Health Teachers and Nurses



- Training on updates to the “Tobacco Free Schools” policy and information related to this new category of products

2 Educating and Supporting Parents



- Presentation and panel discussion led by school nurses, local health care providers, and law enforcement

3 Building Students’ Protective Factors



- Informational presentations led by behavioral and health specialists
 - High school students facilitate peer to peer education in middle schools
- Supplemental exercises help adolescents develop refusal and media literacy skills



“Vaping 101” Educational Components



What Are E-Cigarettes?
What they look like, how they work, how they might be concealed



Why Are Young People Vaping?
E-cigarette flavors, curiosity and culture, safety misconceptions



Health and Safety Risks
Short- and long-term impacts of nicotine on the brain and body



Current Regulations
School policies, state and local laws



Resources for Support
Connecting to cessation resources

Rethinking Discipline Response to Student Vaping



Administrators Remedy Variation Among Schools, Overreliance on Suspension

Typical Response to Student Vaping Inadequate, Not Aligned with Expert Advice



Responses Typically Site-Based

Schools throughout the district respond differently to student vaping offenses



Discipline Commonly Defaults to Suspension

Students face up to five days of suspension when found vaping



We don't like the idea of suspending...this is an industry issue. [Nicotine addiction] is not young peoples' fault. **We shouldn't be punishing; we should be educating.**

*Professor of Adolescent Medicine,
Stanford Medical School*

District-Wide Shift to a Tiered Discipline Approach

New, Standardized Model Prioritizes Education and Treatment for Addiction

First Offense

Complete Online Modules



Meet with school nurse to create a profile for free, online program "Second Chance"

Complete self-paced program to learn about dangers of vaping

Second Offense

Discuss Quitting



Meet with district nurse specializing in teen substance abuse

Complete the "Teen Intervene" program with nurse, which motivates students to quit vaping

Third Offense

Disciplinary Consequences



Subject to more serious discipline responses, including suspension

Some sites are shifting to a Saturday model for suspension to minimize lost instructional time

Supporting Systemic Change

Legislation and Policies a Key Part of Overall Strategy to Reduce Vaping

District and Public Health Representatives Focus on Reducing Student Access to E-Cigarettes and Safe Disposal of Existing Products



Advocating for Local Policy Change

Spoke at city council meetings to help support the passage of:

- A ban on flavored products
- Increasing the age to purchase tobacco products to 21
- Levying a tax on e-cigarettes



Minimizing Health, Safety Impacts

Developed a disposal protocol with the county hazardous materials management facility to properly manage abundance of discarded e-cigarette pods and confiscated devices

1

Introduction

2

Boulder Valley's Approach to Stop Student Vaping:
How Your District Can Work with Community Partners
to Prevent Student E-Cigarette Use

3

Our Upcoming National Meeting Series



Q&A

2019-20 Research Agenda

Improving Young Students' Academic Outcomes and Emotional Well-Being

Responding to the Adolescent Mental Health Crisis



- **Reducing** the number and severity of students in crisis
- **Improving** coordination between various school support services to reduce strain on resources
- **Partnering** with community resources to provide timely and cost-effective mental health care

Best In Class School Leadership: Developing, Scaling and Sustaining the Impact of Principals



- **Identifying** leadership skills and behaviors that improve teaching and learning
- **Integrating** ongoing development support for principals into existing school systems
- **Maximizing** principal capacity to focus on essential leadership skills and behaviors

Executive Roundtables

November 7–8, 2019

EAB Office
Washington, DC

January 16-17, 2020

EAB Office
Washington, DC

April 28-29, 2020

EAB Office
Washington, DC

District Leadership Team Meetings

December 9-10, 2019

UCLA Luskin
Los Angeles, CA

February 25-26, 2020

AT&T Center at UT Austin
Austin, TX

March 23-24, 2020

EAB Office
Washington, DC

May 4-5, 2020

EAB Office
Washington, DC



Washington DC | Richmond | Birmingham | Minneapolis

202-747-1000 | eab.com